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Distributed by:

TensCare Ltd, 9 Blenheim Road,
Longmead Business Park,
Epsom, Surrey KT19 9BE, UK
Tel +44(0) 1372 723434
Email: ask@mama-tens.info
www.mama-tens.info

MAMAtens my time™

"TIMED, CONTROLLED
PURE POWERFUL
PAIN RELIEF"

Instructions for Use

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MAMAtens my time™

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1. INTRODUCTION

The MamaTENS "My Time" is a very special maternity TENS as it not only offers powerful controllable pain relief but also gives information about contraction times and the length of your labour, (see **Labour Log**). The MamaTENS "My Time" was developed in conjunction with Midwives, all of whom are members of the Royal College of Midwives and with feedback from thousands of mothers who had used TENS during labour. The aim being to produce the **ULTIMATE** maternity TENS.

MamaTENS "My Time" Special features:-

- MamaTENS "My Time" LABOUR LOG
  Labour Log enables you to monitor the duration and frequency of your contractions. Labour Log times each contraction in seconds and shows the time between contractions. Labour Log can show the total duration of the labour at any time. Labour Log is unique to the MamaTENS "My Time" and is of invaluable help to you and your midwife.

- MamaTENS "My Time" PAD ALARM
  Perfect pad contact and condition is important to obtain maximum benefit from any TENS unit. To ensure best performance the MamaTENS "My Time" has been fitted with a "Pad Alarm" that shows you if the contact of any of the four pads to your body is lost or below standard. You might otherwise not be aware of the break in contact which would interrupt the benefit being obtained from the unit.

- MamaTENS "My Time" COMFORT STRENGTH CONTROL
  Gives a gentle and reproducible stimulation. "CSC" monitors skin and pad resistance and adjusts the output to maintain a constant feeling. This gives you greater comfort and takes away the possibility of getting an unpleasant spike in strength if a pad starts coming away from the body. With "CGC" you can increase the strength on the MamaTENS "My Time" in very small steps which is much more comfortable than conventional TENS units.

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MamaTENS "My Time" Other features:-

- Preset programmes and intelligent "Active Power" ramp
  The MamaTENS "My Time" has 2 preset programmes. These programmes have been clinically proven to give relief from labour pain. Both programmes have a boost facility so that they can be used between and during contractions. A power ramp facility, a variation of "intense TENS", has also been included to help counter extreme pain. In Active Power ramp mode, as long as you keep your finger pressed, the strength keeps increasing beyond normal settings to action the third pain relief mechanism of TENS called "Brief Intense TENS", to help counter extreme pain. You can use the intelligent Active Power control to hold the strength just below the highest you can stand

- Easy Start - One Touch Memory
  The MamaTENS "My Time" has intelligent memory that enables the unit to remember the last programme and the strength setting used. The strength level going back to 75% of the last level used.

- 2 in 1 Lead Connection
  Unique single plug connection for both channels which simplifies lead connection and management during use.

- Backlit LCD screen
  Makes the screen easy to read.

- Sculptured keypad
  Makes it easy to select the right button.

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2. HOW "TENS" WORKS

TENS stands for Transcutaneous Electrical Nerve Stimulation. TENS stimulates your body's own natural defences against pain. TENS is totally safe, has been used by thousands of expectant mothers and is recommended by midwives.

THE ADVANTAGES OF TENS

- Totally safe
- Allows mother to control her pain relief
- No effect on the baby
- Allows mother to be mobile during labour

TENS sends a very small electric current through the skin which works in THREE ways:-

Pain Gate

Stimulating the sensory nerves, which carry touch and temperature signals. These nerves go to the same connections in the spine as the nerves carrying pain. A strong sensory signal will block the pain signal travelling up the spine to the brain, this is known as the "Pain Gate".

Endorphin Release

At low frequency settings, and slightly stronger output, TENS drives the motor nerves to produce a small repetitive muscle contraction. This is seen by the brain as exercise, and this promotes release of Endorphins - your body's own natural pain killer. The relief builds up and normally takes about 40 minutes to reach a maximum level which can last for hours.

Brief Intense

A very strong TENS signal produces an additional pain blocking effect for a short period of time.

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3. ARE THERE ANY SIDE EFFECTS?

NO - there are NO known side effects from TENS use, and long term stimulation is NOT harmful.

4. THE PROGRAMMES

The i-touch MamaTENS has 2 preset and a Power Ramp programme.

Each of the two preset programmes is in two forms
First preset programme is shown on the screen as "A Int" and "A Con".
Second preset programme is shown on the screen as "B Int" and "B Con".

A Int: This is the first programme to be used from the onset of labour. It is for the period between contractions which we call the interval on the screen.

A Con: This is the programme to be used during contractions.
We call this contraction on the screen: Some mothers can go right through their whole labour using only these two programmes. Other mothers will use these programmes, until they are around 7cms dilated and then turn to the "B" programmes.

B Int: This programme is to be used after the "A" programmes as your labour progresses. This programme is to be used between contractions.

B Con: This is the programme to be used during contractions.
Just before birth consider going back to the "A" programmes, which can take you through to the birth. If your labour pains become extremely severe or if you do not start using the unit until late into your labour, thereby not allowing time for the endorphin release to take effect then use the "power ramp" programme.

Power Ramp: Shown on the screen as "C AP" (Active Power).
This programme allows you to ramp up the strength until it distracts you from your labour pain. The strength is completely in your control.

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5. PRECAUTIONS

Before using the **MamaTENS "My Time"** please carefully read the following precautions.

Do NOT use the **MamaTENS "My Time"** under the following circumstances:

- During the first 26 weeks of pregnancy.
- On the abdomen at any time during pregnancy or labour.
- If you have a heart pacemaker.
- If you have, a heart rhythm problem.
- If you are suffering from acute feverish conditions
- If you are suffering from infectious diseases or tumours.
- When driving, cycling or operating machinery.
- If you have, or have had, epilepsy you must obtain the full approval of your doctor prior to using the **MamaTENS "My Time"** unit.

The Pads (electrodes) must NOT be placed:

- On the abdomen at any time during pregnancy.
- On the carotid sinuses located on the front of the neck.
- Over the eyes.
- Cross-cranially, i.e. across both temples at the same time.
- On broken skin.
- On areas where normal sensation is absent.

6. GENERAL PRECAUTIONS

- Do not immerse the **MamaTENS "My Time"** in water.
- Do not place the **MamaTENS "My Time"** close to excessive heat.
- Do not attempt to open the **MamaTENS "My Time"**.
- Do not use anything other than the specified batteries.
- Keep the **MamaTENS "My Time"** away from sources of high magnetic fields such as TVs, microwave ovens and hi-fi speakers as magnetic fields may affect the LCD display, but not the working of the unit.

IF IN DOUBT CONSULT YOUR MIDWIFE, DOCTOR OR OBSTETRIC PHYSIOTHERAPIST

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7. MAMATENS My Time CONTROLS

On Button

To switch unit on: Press and hold down for 3 seconds. When the unit is switched ON an audible "Beep" will be heard.

One Touch Memory Start

When switched on the unit will automatically start in the programme which was being used when it was switched off. The strength returns to around 75% of the level that was being used when the unit was switched off. This simplifies start up dramatically. During start up to stop the increase in strength at any time, press any key once.

OFF Button

To switch unit off: Press and hold down the button for 3 seconds and the unit will switch off. Alternatively, press and release the OFF button until the LCD screen displays 0, any further press will switch the unit off. When the unit switches OFF an audible double "Beep" will be heard. **NOTE**: Always check unit is OFF before removing pads

Programme Button

The **MamaTENS "My Time"** has specially selected programmes. When you FIRST switch the unit on it starts in programme A.
Each time the "**P**" button is pressed and released the programme changes, the LCD display showing the programme selected.
If you switch the unit back on within 2 hours it will default to the programme last used, otherwise it will return to programme A.

Strength UP Button

To increase strength: Press and hold down until required strength is achieved. No sensation will be felt through the pads until the strength reaches at least the 2.5mA level. Press and release to increase in 0.5mA steps

Strength DOWN Button

To decrease strength: Hold down button and strength will decrease in 0.5mA steps.

Boost Button

Press the Boost button when your contraction begins to change the mode from **Int** to **Con.**

Time in Labour Button

Press and hold this button to see how long in hours and minutes you have been in labour

After 3 seconds, the display reverts to normal.

To reset the time to zero, hold down the key for 5 seconds. The time automatically resets when the **MamaTENS "My Time"** has been turned for more than 2 hours.

The time in hours and minutes

8. SCREEN DISPLAY

Duration

Shows the length in seconds of your last contraction. The counter starts when you press the Boost button to start "Con" mode to the time you press it again to return to "Int" mode. It continues to show the time until the start of your next contraction.

Interval

Shows the length of time in minutes and seconds of the total time between the start of your last two contractions.

When Contractions are less than 5 minutes apart
AND
Contractions last longer than 30 seconds the display will pulse.
After 30 minutes this pulsing will stop.

If you prefer not to see these time displays, you can turn them off :-

Hold down clock and strength down button together for 3 seconds to turn off clock display.

Hold down clock and strength up button together for 3 seconds to turn on clock display.

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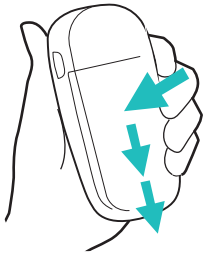
9. CONTENTS

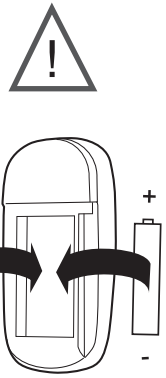
- MamaTENS "My Time" maternity unit
- Mono Leadwire with Integral pack of maternity pads (item code MT50/100Int2)
- 2 x Batteries AA 1.5v (Type LR6)
- Instruction Manual
- Neck cord with quick release
- Transit Pouch

10. INSTALLATION OF BATTERIES



Remove Battery Cover

Press down in centre of battery cover and slide backwards in direction of raised arrows.



Insert batteries

Ensure that the ribbon goes behind the batteries to aid removal.

Ensure that the batteries are inserted the right way as shown in battery compartment.

When the batteries are running low a low battery indicator will show on the screen (battery symbol).

The strength of the batteries will affect the performance of the MamaTENS "My Time" and the sensations will seem feint even on the higher strength settings.

Disposal of batteries: Always dispose of batteries safely. Do not throw onto a fire.

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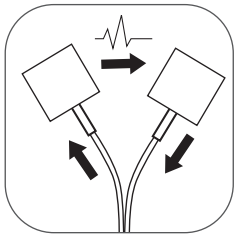
11. CONNECTING MONO LEADWIRE

Insert the Mono leadwire plug into the base of the unit. **Please note that it has been designed to only insert one way.**

12. POSITIONING THE PADS



Electrode pads must always be used in pairs, so that the signal can flow in a circuit.

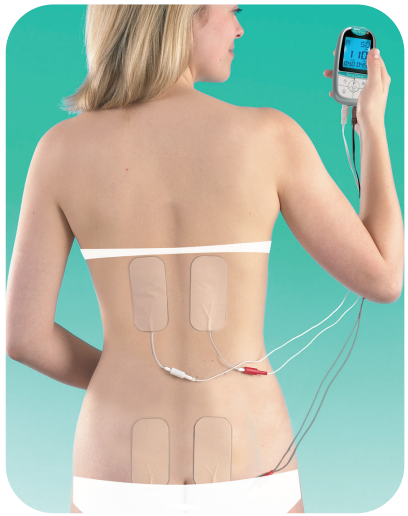
Correct positioning of the pads will give maximum pain relief so please study the photo and then follow these instructions:

1. Make sure the unit is switched off before applying the pads.
2. Make sure your skin is clean and dry before applying the pads.
3. Carefully peel the pads off their plastic liners. Do not pull on the leadwire. Keep the liners in case the pads are to be used again.

12. POSITIONING THE PADS (continued)

4. Place the top pair of pads **(with white leads)** either side of the spine about 4 inches (100mm) apart from each other just below your bra line.
5. Place the lower pair of pads **(with black leads)** either side of the spine about 4 inches (100mm) apart and about 1 inch (25mm) above the dimples at the base of the spine, just above the buttocks.

NB: It is important to make sure that the pads are fitted correctly, white being the top pair and black the bottom pair.



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13. WHEN YOUR LABOUR STARTS

1. Press and hold the **ON Button** until the screen lights up.

2. Check that the programme is "**A int**".

3. Press and hold the **Strength UP button** until you feel the stimulation through the pads and the feeling is comfortable then release.

4. The feeling through the pads will appear to lessen as your body gets used to the stimulation. Press the **Strength UP button** again until you feel the stimulation at a comfortable level.

5. As you feel your contraction begin press the **Boost button** and release. The programme will change to "**A con**" at the same level of strength.

6. At the end of your contraction press the **Boost button** again and the programme will change to "**A int**", again at the same strength level.

7. Remain in programme "A" for as long as possible switching between "**A int**" and "**A con**" as necessary simply increasing the strength.

8. If the pain goes deep, normally when you are around 7cms dilated, then in between contractions press the Programme button and the unit will go to "**B int**" at zero strength. The strength will then gradually increase to about 75% of your previous setting. Press and hold **Strength UP button** until you feel the stimulation through the pads and the feeling is comfortable then release. Increasing the strength as your body becomes used to the stimulation.

9. As you feel your contraction begin press the **Boost button** and release. The programme will change to "**B con**" at the same level of strength.

10. At the end of your contraction press the **Boost button** again and the programme will change to "**B int**", again at the same strength.

11. Continue to go from "**B int**" to "**B con**" either until the end of your labour or just before the end of your labour go back to programme "A". To return to programme "A" press the programme button twice more.

N.B. You will possibly be aware that the stimulation is slightly greater from the higher pair of pads (Ch1) is greater than the lower pair set of pads (Ch2). This is intentional and part of the therapy.

14. EXTRA PAIN RELIEF

If the level of pain becomes extreme or if you did not start using the unit sooner enough to allow for the full endorphin release then it is suggested that you go to programme "C AP".

ACTIVE POWER

In this programme the strength "Power Ramps" up and which brings into play "Brief Intense" pain relief. It also acts as a distraction.

In between contractions press the programme button until the screen displays "C AP". The strength will be at zero. Press the Strength UP button until the stimulation is comfortable. As the contraction begins press and hold down the Boost button. This will ramp up the strength. Hold down the button until the stimulation is as strong as you can bear. At that moment release the button and the strength will immediately start to fall. If you press and hold the button now, it will sustain the strength at this level as long as you want. When you release the button, strength will return to the level it was before you first pressed the Boost button.

15. GENERAL INFORMATION

TRIAL RUN

It is recommended that you have a trial run with your MamaTENS "My Time" before your labour starts so that you know how it works, where to put the pads and what the stimulation in the programmes feels like. After your trial run return the pads to the clear plastic film and store in the re-sealable bag. Make sure that the MamaTENS "My Time" is switched off before removing the pads.

QUICK RELEASE NECK CORD

Your MamaTENS "My Time" is supplied with a quick release neck cord. The neck cord allows for the unit to be hung around your neck if required. To fit the neck cord simply pass it through the loop at the top of the unit.

CAUTION: Do not substitute string or a regular necklace as such items may not open in the event of a snagging.

EASY START - ONE TOUCH MEMORY

The MamaTENS "My Time" has intelligent memory that enables the unit to remember the last programme used which it reverts to at the touch of one button. At the same time the strength gently ramps up to around 75% of the level last used. This memory start will not occur if the batteries have been replaced.

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PAD ALARM

The MamaTENS "My Time" monitors the condition of the pads during use and the quality of the connection to the body. If either deteriorates to a point where the stimulation is effected detrimentally the words "PADS" will flash on the screen and an audible beep will be heard. This will probably occur if one of the pads has come away from your body. Check all four pads. If a pad does come away from the body totally or partly, the Comfort Strength Control feature automatically lowers the stimulation proportionally to reduce any discomfort you may feel. When the pads are put back the stimulation will automatically return to the original level.
The "PADS" alarm only works when the strength exceeds 5.0mA.

PADS

The pads supplied are MamaTENS 50x100mm superior multi use self adhesive pads (item no: E-CM50100IT). The pads and mono leadwire are moulded together to simplify use.

Please Note:

i) Not to immerse the pads in water as they are water-soluble.

ii) Even though the pads are hypo-allergenic, very rarely skin irritation can occur. If this is significant, stop using the unit and remove the pads. You can call our helpline for further advice.

iii) Do not apply pads to broken skin, or to skin which does not have normal sensation.

POST NATAL USE

After you have had your baby, if you are in pain consider using the unit, as it will give you relief.

USE DURING AND AFTER CAESAREAN

Even if you decide to have a caesarean you can still use the MamaTENS "My Time".

After your caesarean if you are in pain use the unit to give you relief.

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BATTERY REMOVAL AND REPLACEMENT

When the batteries need to be changed the low battery sign, **"BATT"**, will be displayed on the screen. To remove batteries pull gently on ribbon that goes around the back of the batteries.

Battery type: ONLY use either 1.5 AA alkaline batteries or NiMH AA rechargeable batteries.

NEVER attempt to recharge an alkaline battery - There is a risk of explosion. DO NOT mix batteries of different types.

Disposal

Always dispose of batteries as per government guidelines, see section 20. Never put batteries in a fire nor try to disassemble them. Do not attempt to revive alkaline batteries by heating, charging or other means.

Warning

- Keep batteries out of the reach of small children
- If battery leakage occurs and comes in contact with the skin or eyes, wash thoroughly with lots of water.
- Seek medical advice immediately if you believe a cell has been swallowed.

HELPLINE

A helpline is available, Monday to Friday. **Call: 01372 72 34 34**

Or **Email: ask@mama-tens.info**

16. GUARANTEE

(Refers only to **MamaTENS "MY Time"** that have been purchased)

Your unit is guaranteed for two years from the date of purchase.
If a fault develops return the unit to MamaTENS at the address below, together with a copy of your invoice and details of the problem.
The guarantee does not cover the batteries, electrode pads or mono leadwire.

Please note that the Guarantee is invalidated if

i) incorrect batteries have been fitted
ii) if the unit has been immersed in water, maltreated or tampered with.

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17. CONSUMABLES AND SERVICING

(Refers only to **MamaTENS "MY Time"** that have been purchased)

Only **E-CM50100IT** packs of pads can be used with the unit. These are available from either from your supplier or by contacting MamaTENS on 01372 723434 or by going to www.tenscare.co.uk. Please ensure that you order the correct pads.

Batteries can also be purchased in the same way or on the high street. They are AA 1.5v alkaline batteries.

For servicing please return the unit to MamaTENS, 9 Blenheim Road, Longmead Business Park, Epsom, Surrey KT19 9BE. Please ensure that you enclose your name, address and contact telephone number so that you can be contacted and informed about any problem and any costs involved.

18. DISPOSAL OF WASTE ELECTRICAL AND ELECTRONIC PRODUCTS (WEEE)

Refers only to **MamaTENS "MY Time"** that have been purchased)

One of the provisions of the European Directive 2002/96/CE is that anything electrical or electronic should not be treated as domestic waste and simply thrown away. To remind you of this Directive all affected products are now being marked with a crossed-out wheelie bin symbol, as depicted below.

To comply with the Directive you can return your old electro-therapy unit to us for disposal. Simply print a postage-paid PACKETPOST RETURNS label from our websites www.mama-tens.info or www.tenscare.co.uk, Attach this to an envelope or padded bag with the unit enclosed, and post it back to us. Upon receipt we will send your old device for components recovery and recycling to help to conserve the world's resources and minimise any adverse effects on the environment.

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19. TECHNICAL SPECIFICATION

Waveform	Asymmetrical Bi-Phasic
Amplitude (over 500 ohm load)	70mA zero to peak +ve in steps of 0.5mA Constant current over 500-1500 Ohm Constant voltage when PADS signal shows.
Output plug	Fully shielded: touch proof mini USB
Channels	Dual Channel
Batteries	2 x AA Alkaline (Two AA batteries) OR rechargeable NiMH
Weight	90 gms without batteries
Dimensions	110*53*30 mm

Safety Classification	Internal power source. Type BF Designed for continuous use. No special moisture protection.
Environmental Specifications:	Temperature range:0 to 35C
Operating: Storage:	Humidity: 20 to 65% RH Temperature range: 0 to 55C Humidity:10 to 90% RH
TYPE BF EQUIPMENT	Equipment providing a degree of protection against electric shock, with isolated applied part.
	This symbol on the unit means "Refer to Instruction Manual"

NB: The electrical specifications are nominal and subject to variation from the listed values due to normal production tolerances.